

vegetable sticks with

Chili & Lime

Servings: 6, Serving Size: 1 cup, Prep Time: 10 minutes



Nutrition information per serving:

Calories 35
Carbohydrate 8g
Dietary Fiber 3g
Protein 1g
Total Fat 0g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0 mg

Tip

*Lime and chili powder taste great on fruit too!

*Try sprinkling some on sliced cantaloupe, honeydew, watermelon, pineapple, strawberries, mangos, and oranges.

Ingredients

1 cucumber, peeled and cut into sticks
1 small jicama, peeled and cut into sticks
1 medium zucchini, cut into sticks
1 carrot, peeled and cut into sticks
2 tablespoons lime juice (or to taste)
1/4 teaspoon salt
1/8 teaspoon chili powder
Dash cayenne pepper (optional)

Directions

1. Combine jicama, cucumbers, zucchinis, and carrots in a medium bowl.
2. Add lime juice and stir.
3. In a small bowl, combine salt, chili powder, and cayenne pepper (optional). Sprinkle over cut vegetable sticks.
4. Put vegetable sticks onto a plate or in cups and enjoy with friends.